

THE BOON OF SLEEP.

What Slumber Will Do to Keep You in Good Health and Spirits.

If you are to work well, says Cornhill Magazine, you must sleep well. If you are to keep your health and strength and youth—to carry your powers of work with you to the last—you must sedulously pay court to your pillow. If you have much work to do you must not count time spent in sleep to be time lost. It is time gained. It is an essential part of the duty of the day. An old servant used to say: "Well, I have done my work. I have cleaned up and now I'll get my sleeping done." Sleeping was, in her philosophy, a thing to be done—not a passive state, but an active part of her duty. If we do not play tricks with ourselves, if we work hard without overworking ourselves sleep will rarely be coy to us.

REFLECTIONS.

A man may be awfully proud of being a man's man, but he likes it better when the girls like him. It doesn't do to try to fire the ambition of most men by telling them that across the Alps lies Italy; there are so many bars on the way across they'd never get to Italy even if they started out.—Baltimore American.

Success for a Woman.

Among the most striking pictures in the Paris salon is a portrait of a young woman in white, whose identity is concealed under the title of "Un Robe Blanche." It is hung on the line, and it is safe to predict that it will add much to the reputation of the artist, Miss Flora Lion. This talented young Englishwoman had her first taste of the joys of fame last year in Paris, when her salon exhibit, a portrait of Lady Galway in her coronation robes, won high praise from eminent French critics. Miss Lion is engaged on several portraits in Paris, including one of the Baroness de Marchi, and a miniature of the Marquis del Rio, a Cuban millionaire. When at home Miss Lion's headquarters are in London. She is a pupil of the celebrated Jean Paul Laurens.

Fireproof Crepe Paper.

Fireproof crepe paper is the latest. It comes in all the delicate, medium and dark shades that make up the color list in the regulation paper and is guaranteed to be absolutely fireproof. Its crystallized surface is an additional feature of attractiveness. The inflammable nature of ordinary paper decorations is a point that has always to be kept in mind when they come anywhere in contact with lights, but the fireproof variety would not be open to this objection.

An Accomplished Linguist.

Few head waiters know as many languages as a woman named Scheidreiter, who died at Salzburg the other day, aged 73. As a girl of 12 she had taken a position as maid with a wealthy family, and had in the course of years visited all parts of the world, gradually acquiring the faculty of speaking, besides her native German, six languages—English, French, Italian, Arabic, modern Greek and Turkish.

POINTERS.

An ever ready glue pot is a most useful piece of property. It is easily prepared by putting naphtha in a wide mouthed bottle and dissolving shellac in it.

When nailing into hardwood, the nails are apt to bend. To prevent this, dip the point of each nail into oil, lard or other grease before hammering them in.

It will be found a good plan to keep peas, beans, rice, barley, coffee and, in fact, all "dry groceries" in glass jars. By this means a moment's glance will acquaint the housewife with the necessity for replenishing her stores.

When bread is baked the loaves should never be set flat on the table or shelf, but should be set on end, one loaf against another, and wrapped closely round with a clean cloth. This makes the crusts tender by keeping in the steam.

One of those "in" and "out" registers in the front hall and a little care on the part of the members of the household to keep them adjusted will save the maid many unnecessary steps, as well as much valuable time to the caller.

Most of the high-grade pressed glass now on the market is so nicely got up that it can be given the brilliancy of cut glass with a trifling exertion. A weekly cleaning with caustic soap suds, followed with a polishing with powder, then a daily rubbing with chamolis, is all that is necessary.

Art of Wearing Millinery.

Hats should not be tilted forward, but set firmly on the head; the brims are broad enough to assert themselves, and the colorings employed are quite charming, the lightest gray, periwinkle blue and the tenderest rose color, says the Queen. We are veering toward the mantilla hat, and there is no reason d'etre for them than for the ordinary hanging veil, which people do not seem to know how to wear properly. Lace draped hats are more American than English, but the mantilla is carried round the crown and a little over the brim and descends well below the waist with much grace.

WOMEN WHO WASTE TIME.

A Time and Place for Everything is Needed.

Much friction between women is caused by their utter disregard of the value of time. Professional women everywhere complain of the inconsiderate friends who drop in "just for a minute," and stay hours, which time must be made up by redoubled exertions or she must run the risk of giving lasting offense by telling the caller frankly that the call is inopportune and asking to be excused. Women so quick to grasp a point in all else never seem to understand this particular subject as men do. This is due, in a measure, to lack of business training, and yet consideration for others is one of the most charming qualities of the well-bred woman, and one which may be cultivated by every one.

The housekeeper deserves the greatest amount of sympathy, for she is at the mercy of every thoughtless person of her acquaintance, unless she has the courage to take a firm stand and insist upon her rights, as an individual, to her own time and pleasure in receiving her friends. Those who offend most frequently are the women who have no special occupation or aim in life except to have a good time. Those who have accomplished anything have long since discovered that life must be conducted in an orderly manner, if the tasks of the day are to be completed. The woman who has a time and place for everything may be a terror to the friends who tell her, but to the trained worker, whether at home or abroad, she is a joy, for she values the passing hours; consequently will not waste those of other people.

Dressy Gown of Striped Silk.

The above gown is made from brown and white striped silk, and a



new idea in shirring is introduced on bodice and sleeves. The stock and small yoke are formed of white gold embroidered silk and outlined with brown velvet ribbon. The deep girde is brown panne velvet.

With this striking costume is worn a turban of white roses with a large bow of brown velvet ribbon on the left side.

Suggestions for the Housewife.

A good polish for stoves is made of one teaspoonful of powdered alum mixed with the stove polish. The brilliancy that this polish will give to a stove will last for a long time.

To test the heat of frying fat put in a piece of bread, and if it browns while you count forty, it is right for food prepared from cooked meat or fish, such as croquettes. Use plenty fat, and always strain it before putting it away.

When boiling cabbage take a large saucepan and nearly fill it. When the water boils fast throw in a handful of salt and a piece of soda the size of a pea. Throw in the cabbage and let the water boil fast till the cabbage is soft, keeping the lid off and constantly putting the cabbage under the water. Cabbage cooked fast in this way does not smell offensive and is a good color.

The fashionable flower for table decoration is the camellia. The pure white flower is the most beautiful, and nesting in its dark green leaves makes a picture of purity and coolness. The scarlet and white and faintly tinted camellias are very beautiful also. One of the advantages of this flower for table use is the absence of fragrance. Another is that it lies flat on the table and does not obscure the view across.

Washing Mattings.

Clean the straw matting with warm water in which oxalic acid has been dissolved, applying it with a scrubbing brush; then rinse carefully with clean water, using a soft cloth, and wipe dry. Clean but a small space at a time.

Souvenirs of the King.

King Edward recently left some cherry stones on his plate at a public function. The moment he left a crowd of American ladies scrambled for them, with the object, it is said, of handing them down to their descendants as family heirlooms.

A Changing Fashion.

After long centuries the fashion in ladies' riding skirts is changing. The old form of side-saddle skirt is giving way to the new style of side-aside skirt. Orders are coming in for divided skirts in increasing numbers.

OKLAHOMA WOMAN A MARSHAL.

She Carries a Gun and Knows How to Use It.

Beulah Reynolds, deputy United States Marshal for the Eastern district of Oklahoma. That is the way it reads on the payroll, and the petite, handsome girl that answers to the name is a real deputy Marshal with authority to carry a six shooter, a privilege which she uses, serving under Grant Victor, Marshal of the district.

Miss Reynolds was born in Randolph county, Mo., and educated at Lexington, Mo. She was in Oklahoma City at the opening of Oklahoma. She regards her appointment under Victor as a political matter. She was taken on as a stenographer, but when she went in she insisted on taking the same oath that any other Deputy Marshal takes and she also is subject to the same rules and duties. So far as known she is the only woman actually in service as a deputy United States Marshal. She has authority to make arrests, raids, serve papers, and even go into the field on special duty.

When she took the oath of office Miss Reynolds was asked if she would go out and make an arrest if it were required and if she would take part in a real fight if it came to a "show down," and it was pointed out to her just what duties are sometimes required of a deputy marshal in tight places.

Her reply was short and to the point. "I will take the oath, and I am not a quitter."

The next morning when the Marshal came down he found lying on the desk of his new deputy a pearl handled six shooter of excellent make, handsomely engraved and every chamber loaded. He was informed that it shot pretty well and that it was a better gun than it looked. So far there are no notches on this gun, but who knows when there will be? The fact is, the young woman had been carrying the gun when she believed that she needed it, and she knows how to use it.—Kansas City Times.

Woman and Her Hats.

The flower-laden hat is by far the most conspicuous note in millinery this season. Fine black straws are used for the foundation for some lovely floral schemes, and as it takes more than ordinary skill to combine some of the tints shown in fashion-



WOMAN AND HER HATS.

able millinery, the inexperienced are always on the safe side when they have their trimmings blended by professional trimmers, employed by all the enterprising establishments nowadays.

Roses, pond lilies and tinted orchids are used in the decorative scheme of the hats pictured and in addition to the flowers there is a spray of wheat in gold galleon and a most startling note of cerise in a rosette of ribbon at the back. The roses are pink, the lilies are white and the orchids must blend with the pink of the roses and cerise of the rosette to form a perfect color scheme, but the result is delicious.

Hats of this kind are worn with lingerie frocks and afternoon toilettes of silk and cloth. Their varied color scheme make them suitable for wear with almost any frock, and it is only when one sticks to the one-tone ideas that such a hat cannot be appropriately worn.

Beauty Notes.

The skin constantly throws off impurities, therefore perfect cleanliness and frequent baths are necessary if one wishes a clear complexion.

If the nails are brittle never cut them until they have been soaked in warm water or rubbed with almond oil.

Filing is better to keep the nails the right shape and length than cutting. The palm of the hand is the best polisher one can find.

Never scrape the finger nails. It will thicken and make them uneven and full of ridges.

Never use very hot water to wash the face; it will dry and wrinkle the skin.

When the hair splits clip or singe the ends.

For the Health.

Too heavy bedclothes are often the cause of that tired feeling in the morning.

A sun bath is invaluable for delicate women and children.

The bed linen should always be perfectly dry before sleeping on it.

A walk in the fresh air will do a common headache lots of good.

Warm salad oil will relieve ear-ache.

To Improve the Eyebrows.

Cocoon oil brushed over the eyebrows will promote their growth and give them a glossy appearance.

SPIRIT AUTOGRAPHS.

Famous Signatures Which Show Strange Lines When Folded.

Nobody can deny that a person's character leaves innumerable indefinable traces of its workings upon the body, the face, the dress, and all material surroundings. One need not be a Sherlock Holmes to divine, upon entering a man's room and finding pictures of chorus girls arranged along the walls, that the occupant has no prejudice against the theatre; nor is any very deep insight necessary to discover, when all the chairs in the living room are arranged in mathematical order and nothing is ever out of place, that there are not several small boys in the household. Whether these small indications of character can be classified scientifically—whether the lines of the hand, the bumps on the head, the form and relationship of the features can be so studied as to afford a definite and true indication of the owner's character is a question in which everybody is more or less interested.

The illustrations herewith reproduced represent a new cult of character-study—what may be called spirit autographs. How far these weird little figures reveal the truth about the spirits who traced their skeletonlike outlines time and study may show.

There is really no reason to suppose that every trait in the character, every motion of the heart, every thought of the mind does not somehow register itself in a corporeal form.

A well-known Washington cartoonist once advanced the theory that the two sides of a man's face revealed his public and private character respectively. Placing a card over one side of the face of a well-known politician, he proceeded to prove his theory thus:

"Here, you see, is a half-closed, crafty, watchful eye, a determined mouth, a firm jaw—that's what this man is in Congressional debate. Now look at the other side. The eye opens frankly, the mouth almost smiles, the whole expression is that of decision tempered by geniality and good humor. That's what he is in the bosom of his family."

In his recent novel, "The Heart Line," Mr. Golett Burgess makes his hero, a palmist, say:

"Everything that is distinctive must be significant, if only we have the power of interpreting it."

In some way or other we are all students of physiognomy. We all have our likes and dislikes, based on some physical peculiarity. One man will not trust a person whose eyes are very near together; another has no faith in a pointed chin; another objects to stooping shoulders. Generally speaking, however, we no sooner make up our minds that a certain physical attribute goes with a certain character than we find exceptions to the rule. The old adage about red-haired people having bad tempers may owe its force to the fact that a child continually tormented about red hair would be likely to be rather hot tempered in any event.

The truth is that every human trait has its good side and its bad side. The French recognize this in saying that a man has "the defects of his virtues." Your masterful man who can lead men to victory in an emergency may be a tyrant in ordinary life. Some physiologists think that a high, narrow forehead, with eyebrows sloping upward from the nose, indicates fanaticism, or the capacity to devote the whole energy to an abstract idea. Clearly, the possessor of that sort of face may become a martyr in the cause of religion, or a half-crazy assassin, according to the possession of other elements in his nature which direct his energies rightly or wrongly.

Astrology is another of the alleged sciences which deal with the relation between the spiritual and the material. Each sign is supposed to give the person born under it certain general characteristics, which are modified more or less by the influence of the various planets. President Roosevelt for example was born under the sign of Scorpio, which is the most dynamic of all influences, and the position of the various planets was such as to indicate extraordinary political activity. It would seem, therefore, that the expression "Roosevelt luck" is more than a jest.

There are people who read character in the way a person wears out shoes. There is an old rhyme about this: "Wear at the toe, spend as you go. Wear at the side, live to be a bride. Wear at the ball, live to spend all." And as for handwriting, the experts who read character in that are

innumerable. Certain definite inferences may be securely drawn. When you get a letter addressed in a neat, clear, graceful feminine hand, it is safe to say the writer is a woman who writes a good deal but does not grow careless in the details of her affairs. It is not hard to distinguish the rugged individual signature of the business man who rarely writes anything but his name from the scrawl of the professional scribbler, or the neat hand of the clerk.

The new art of spirit autography, of which examples are here shown, is akin to the science of interpreting the autograph. For the benefit of those who may wish to practice this art—which needs neither complicated apparatus or long study—it may be explained that any one can do it with a sheet of smooth paper, a rather coarse pen, and ink which flows freely. For complete and swift success with the spirit autograph, sit down at your desk in a calm and untroubled frame of mind and fold the sheet of paper once. Then open it again, write your name quickly upon the line made by the fold, double the paper and hold it for a minute.

When it is opened the spirit autograph will appear.

Why He Escaped. Two men who had not seen each other since they parted after an ocean voyage that was noteworthy for its roughness stopped to talk about the journey.

"Do you remember that particularly rough day on the Banks," one of the men asked of the other, "when you were the only man who went to lunch?" The good sailor allowed that he did.

"Well, sir," pursued the other, "you never knew how near you came to death that afternoon. When Gillen and I saw you coming out on deck with a novel in the hand and a cigar in the other, looking disgraciously well, Gillen said to me: 'Any man who has the nerve to haunt his ability to stand this rolling in the face of men as sick as we are ought to be thrown overboard. I agreed with him. But you escaped because neither of us was able to get up to do it.'—New York Press.

A Clock on Eiffel Tower. The Eiffel Tower in Paris is now being used for another practical purpose. Not long ago a wireless telegraph station was installed, and now on the sides of the second section, hundreds of feet above the ground, a luminous clock warns the gay Parisians of the passing span of life. The apparatus flashes for every minute in huge figures, visible at a great distance. This system was found the only practical one, as the ordinary clock dial would be indistinguishable at such a height.

Ever notice that shortly after destroying anything you find use for it. A man who has money to throw at the birds can hardly see the sky for the flocks that hover over him.

CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Dr. J. C. Fletcher. In Use For Over Thirty Years CASTORIA. THE BENTON COMPANY, NEW YORK CITY.

BURNT SUGAR AN ANTISEPTIC.

Destroys Microbes of Disease—Effect Upon Disagreeable Odors. The custom of burning sugar in a sickroom is very current among all classes in France, but up to the present has been regarded by scientists as one of those harmless and useless practices which are rather tolerated than insisted upon by the medical profession. But M. Trillat of the Pasteur Institute now assures us that formic aldehyde is given off by burning sugar and is one of the most antiseptic gases known. Five grains of sugar having been burned under a ten liter bell glass, the vapor was allowed to cool. Vials containing the bacilli of typhoid, tuberculosis, carbon, &c., were then introduced. Within half an hour every microbe had succumbed. Again, if sugar be burned in a closed vessel containing rotten eggs or putrid meat, the disagreeable smell disappears. M. Trillat affirms that the formic aldehyde combines with the gases given off by the putrid animal matter and renders them inodorous.

They Stand Alone. Standing out in bold relief, all alone, and as a conspicuous example of open, frank and honest dealing with the sick and afflicted, are Dr. Pierce's Favorite Prescription for weak, over-worked, debilitated, nervous, "run-down," gain-racked women, and Dr. Pierce's Golden Medical Discovery, the famous remedy for weak stomach, indigestion, or dyspepsia, torpid liver, or biliousness, all catarrhal affections whether of the stomach, bowels, kidneys, bladder, nasal passages, throat, bronchia, or other mucous passages, also as an effective remedy for all diseases arising from thin, watery or impure blood, as scrofulous and skin affections.

Each bottle of the above medicines bears upon its wrapper a badge of honesty in the full list of ingredients composing it—printed in plain English. This frank and open publicity places these medicines in a class all by themselves, and is a strong guarantee of their merits. They cannot be classed as patent or secret medicines for they are neither—being of known composition. Dr. Pierce's Pleasant Pellets cure constipation, headache and biliousness. In vials, a convenient vest-pocket remedy.

Some people are so exclusive that they object to even having common sense. ONLY A LITTLE COLD in the head may be the beginning of an obstinate case of Nasal Catarrh. Drive out the invader with Ely's Cream Balm applied straight to the inflamed stuffed-up air-passages. Price 50c. If you prefer to use an atomizer, ask for Liquid Cream Balm. It has all the good qualities of the solid form of this remedy and will rid you of catarrh or hay fever. No cocaine to breed a dreadful habit. No mercury to dry out the secretion. Price 75c, with spraying tube. All druggists, or mailed by Ely Bros., 56 Warren Street, New York.

The spots on the sun don't worry the average mother so much as the freckles on the daughter. A Reliable Remedy FOR CATARRH OF THE NOSE. Ely's Cream Balm is quickly absorbed. Gives relief at once. It cleanses, soothes, heals and protects the diseased membrane resulting from Catarrh and drives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Full size 50 cts. at Druggists or by mail. Liquid Cream Balm for use in atomizers 75 cts. Ely Brothers, 56 Warren Street, New York.

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